



BREAKFAST Menu

August-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal Fruit Milk	Pancakes Fruit Milk	Muffin Fruit Milk	French Toast Fruit Milk	Breakfast Bar Fruit Milk
2	Cereal Fruit Milk	Pancakes Fruit Milk	Muffin Fruit Milk	French Toast Fruit Milk	Breakfast Bar Fruit Milk
3	Cereal Fruit Milk	Pancakes Fruit Milk	Muffin Fruit Milk	Muffin Fruit Milk	Breakfast Bar Fruit Milk
4	Cereal Fruit Milk	Pancakes Fruit Milk	Muffin Fruit Milk	Muffin Fruit Milk	Breakfast Bar Fruit Milk

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diet of children who eat cereal

August 2021						
S	M	T	W	T	F	S
		3	4	5	1	2
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021				
S	M	T	T	S
			2	4
5	6	7	9	11
12	13	14	16	18
19	20	21	23	25
26	27	28	30	

October 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	